

ABSTRACT OF THE DISCLOSURE

A dental device for retaining composite material within a cavity is described. The device provides accurate placement of a retaining matrix band which holds dental composite material in place within the cavity under repair and precludes
5 or prevents migration of the dental composite material out of the cavity and down towards the gum line. The disclosed device and methods help to restore the contact area between the two teeth (i.e., the one worked on and the one adjacent to it). An improved mechanical polishing device is also shown and described. Improved methods of repairing cavities with dental composite material using the disclosed
10 devices are also disclosed.